

3. I realized I didn't have much energy today and I remembered that when I am extremely calm, I am able to overcome these situations.
4. So I went to the couch, put on my bed-eye mask, closed my ~~eyes~~ <sup>eyes</sup> and just rested and ~~prayed~~ <sup>supplanted</sup> ardently to Allah.
5. Once I felt a little calmer, I went to the toilet then came back to the couch and rested and supplanted again.
6. Once I felt calmer, I took my tayammum on the chair and prayed my maghreb prayer.
7. ~~Once I finished praying;~~ At some point I took the valerian (herbal) sleeping tablets - 2 of them.
8. Once I finished praying I rested again and supplanted.